

# Preventive Services Guidelines

## Women's Health



Aetna adopts clinical preventive services recommendations from federal agencies and medical professional organizations. These include the U.S. Preventive Services Task Force (USPSTF) <http://www.ahrq.gov/clinic/prevenix.htm>, the National Cancer Institute (NCI) <http://www.cancer.gov/cancertopics/screening> for preventive screenings, and the Centers for Disease Control and Prevention (CDC) <http://www.cdc.gov/nip/ACIP/default.htm> for immunizations. In the absence of a definitive recommendation from these sources, we recognize recommendations from other nationally recognized sources, such as the American Cancer Society (ACS).

This document summarizes general immunization and screening guidelines for women ages 18 and older. These preventive services guidelines are recommended for healthy women for the prevention and early detection of certain conditions and diseases. Patients with high-risk conditions are encouraged to talk with their health care provider about the guidelines to determine what is appropriate for their individual needs. You'll find full content of the guidelines through the website links provided.

Full content of the immunization guidelines can be found at <http://www.cdc.gov/nip/recs/adult-schedule.htm>. Full content of screenings can be found at <http://www.ahrq.gov/clinic/prevenix.htm>

IMMUNIZATION/SCREENINGS (WOMEN)	ADMINISTRATION
<b>Blood Pressure</b>	Periodically — 18 years and older
<b>Height, Weight/Body Mass Index (BMI)</b>	Periodically — 18 years and older
<b>Cholesterol</b>	Every 5 years — 45 years and older
<b>Cervical Cancer Screening*</b>	Every 1 – 2 years** — Beginning at age 21 or earlier if sexually active; if 30 years and older, either a Pap smear every 2 to 3 years after 3 consecutive normal results or HPV DNA test plus a Pap smear every 3 years if results of both tests are negative. Women 70 years and older may stop screening.
<b>Mammogram</b>	Every 1 – 2 years — 40 years and older
<b>Chlamydia Test</b>	Routinely — 25 years and younger and sexually active
<b>Colorectal Cancer Screening***</b>	Starting at age 50, yearly stool blood test (FOBT), OR flexible sigmoidoscopy every 5 years, OR yearly stool blood test plus flexible sigmoidoscopy every 5 years, OR double contrast barium enema every 5 years, OR colonoscopy every 10 years
<b>Bone Mineral Density Test</b>	Routinely — 65 years and older
<b>Influenza</b>	Annually — 50 years and older
<b>Pneumococcal</b>	1 dose — 65 years and older
<b>Tetanus-diphtheria</b>	Every 10 years — 18 years and older
<b>Measles, Mumps and Rubella (MMR)</b>	1– 2 doses — for adults without a history of infection or previous immunization
<b>Varicella-Zoster (Chicken Pox)</b>	2 doses – at least 4-8 weeks apart for adults without a history of chicken pox or previous immunization
<b>Alcohol misuse screening and behavioral health counseling intervention</b>	Routinely — 18 years and older
<b>Depression Screening</b>	Routinely — 18 years and older

\*Cervical cancer screening recommendations are based on recommendations from the American Cancer Society. [http://www.cancer.org/docroot/PED/content/PED\\_2\\_3X\\_ACS\\_Cancer\\_Detection\\_Guidelines\\_36.asp](http://www.cancer.org/docroot/PED/content/PED_2_3X_ACS_Cancer_Detection_Guidelines_36.asp)

\*\*Every two years when using the newer liquid-based Pap test.

\*\*\*Double contrast barium enema and colonoscopy recommendations are based on recommendations from the American Cancer Society. [http://www.cancer.org/docroot/PED/content/PED\\_2\\_3X\\_ACS\\_Cancer\\_Detection\\_Guidelines\\_36.asp](http://www.cancer.org/docroot/PED/content/PED_2_3X_ACS_Cancer_Detection_Guidelines_36.asp)

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